

**FREDERICK COUNTY COMMISSION ON AGING MINUTES**  
**FMH at Crestwood**  
**7211 Bank Court, 2<sup>nd</sup> Floor**  
**Frederick, MD**  
**October 10, 2016**

<b>COA MEMBERS</b>	<b>DOA STAFF</b>	<b>EXCUSED</b>	<b>UNEXCUSED</b>	<b>GUESTS</b>
Mary Beachley	Dawn Day Morales	Monica Grant		Pamela Wilhelm
Elizabeth Chung	Sue Ramsburg	M.C. Keegan-Ayer		Rose Sulak
Ernell Graham	Carolyn True	Randy McClement, Mayor		Rachel Hallyburton
Tom Lawler				Jewel Peasley
Dianne Lewis				Linda Teodosio
Karen Lewns				Margaret Jackson
Ann McDermott				Amanda Crawford
Tish Raff				Elisabeth Herzfeld
Marie Reeves				Annie Lewis
Leslie Schultz				Maiella Brown
Bobbie Speace				Cathy Hanson
Thea Uhlig-Ruff				Melinda Tucker
Sandra Wastler				Erin Yonker
				Richard Rehling
				Paula Wilhelm
				Shirley Grier

- I. **Call to Order** – Dianne Lewis called the meeting to order at 1:00pm.
- II. **Welcome & Introductions** – Dianne welcomed all attendees. She gave a brief description of the Commission and its goals. Commission members around the table introduced themselves. Staff and guests around the room introduced themselves.

- III. **Action on the Agenda** – No new agenda items.
- IV. **Approval of Minutes** – The minutes of the August 8<sup>th</sup> and September 12<sup>th</sup> meetings were approved. Leslie Schultz made a motion to approve the minutes and Bobbie Speace seconded the motion. All were in favor.
- V. **Frederick Memorial Hospital (FMH) Services, Dr. Rachel Mandel, AVP Medical Affairs at FMH** – Dr. Mandel is at today's meeting to brief the Commission on the hospital's plan to evaluate geriatric services, evaluate best practices, and then formulate a strategy for the organization and community. She would like to hear ideas and suggestions on how the hospital could be responding to the needs of the geriatric population. The goal is to have immediate, intermediate, and long-term goals. Dr. Mandel began by reaching out to FMH organizational leaders and asking questions relating to geriatrics. She is in the process of assembling the results of the ten question survey. Soon she will be reaching out to community partners to gather ideas. While investigating best practices, she took a trip to John Hopkins and reviewed their PACE (Program of All-inclusive Care for the Elderly) program. This is a great program but due to funding limitations, only one is allowed in the State of Maryland. Something similar would be a long-term project/goal. They are looking for short term projects. FMH is aware of some issues such as the need for geriatric psychiatric care and creating geriatric friendly environments, but they are still in the learning mode and looking for suggestions from this audience.

One audience member suggested that environments should be dementia friendly for those struggling with memory issues. There was a suggestion for more geriatricians and geriatric trained CRNPs. General/family practitioners and staff are not trained on how to deal with senior issues; especially those with memory impairment. Some physicians mistake dementia with other mental health issues. Dr. Mandel suggested that it is difficult to recruit for this specialty in this area because of the low reimbursement rate coupled with the high cost of living. One member suggested that during an inpatient stay, past medical history and physical habits are not always considered which can lead to a misunderstanding of the current presentation of medical issues. New medications and an unfamiliar environment can lead to confusion which can be misdiagnosed as memory impairment. Dr. Mandel stated that polypharmacy mixed with over the counter self-medications are a recognized issue. A pharmacy consult can be added as a risk assessment tool during admission by the care management department. There is a need for a local facility for intensive geriatric psychiatric issue. This is a recognized issue, however low reimbursement rates may be the reason for the lack of

such facility. Although there is an awareness of the growing number of senior citizens in Frederick County, there are no immediate plans to add floors or specify areas for geriatric services. One member asked about a strategy for wellness and prevention services specifically for seniors. Although there are wellness and prevention initiatives in place, there may not be any specific to geriatric needs at this time. One member suggested that a quick discharge can lead to problems with nursing home placement. Early planning would be helpful for families with failing seniors. There was a suggestion that families need to stay close to elderly patients and be a vocal advocate. Transportation home following anesthesia can be a problem when no family is available. Medical appointments following an inpatient stay can also be a problem when family is absent. A new program is being implemented which will forward follow-up information to the patient as a reminder or to family members when indicated via phone calls or email. Any other information and/or suggestions can be sent to Dr. Mandel at [rmandel@fmh.org](mailto:rmandel@fmh.org).

**Mission Moment, Dawn Morales** – Dawn is the Support Planner for the Community First Choice program at the Dept. of Aging. The waiver programs have changed over the last few years. The programs have been merged and expanded. Dawn distributed handouts with guidelines for the three supports planner programs; Community First Choice, Community Personal Assistance Services, and Home and Community-based Options Waiver. Admission to these programs may require a medical long term care level of care and a financial eligibility. The job of the supports planner is to follow the client to make sure needs are being met and to reapply for programs by completing required paperwork. They also coordinate the efforts of AERS and the efforts of the family. This program assists clients in aging in place successfully. Clients need to have Community Medicaid in order to qualify for any of these programs. The supports planner talks with the client at least one time/month and does a home visit at least one time every three months. Dawn ensures that her clients are receiving all benefits/programs they are eligible for outside of her program. Each support planner per agency can have a caseload up to forty-five clients. Numbers regarding other agencies are held by the DHMH.

**VI. Update on DoA/Activities, Carolyn True** – Carolyn introduced herself to the audience and added that the Department is looking forward to working with Dr. Mandel.

Carolyn stated that the Department is working on eliminating the wait list for the MoW program. At this time, there are forty people on the list. The program is currently providing meals to 135 people. The Department has a few ideas on how to accomplish this goal. One

goal is to purchase a temperature controlled truck in order to reach areas of Frederick County that currently have no access to the program due to lack of volunteers and/or lack of food vendor. Friends of MoWs will be helping with funding to purchase this vehicle. The Friends will also provide funding to pay a part time contract driver for the truck. The Department is working with the County Executive on other funding options to eliminate this gap in service. Carolyn hopes to have more news on these options before the end of the year.

Early voting will begin on October 27<sup>th</sup> through November 3<sup>rd</sup>. It is available every day 8:00am until 8:00 pm. There are four sites in Frederick County; the Frederick Senior Center, The Urbana Library, the Thurmont Library, and new this year, the Middletown Volunteer Fire Department activities building. The Frederick Senior Center will limit some of its activities during this time.

Medicare Part D open enrollment officially begins October 15<sup>th</sup> and ends December 7<sup>th</sup>. Staff and volunteers will start seeing clients on Monday, October 17<sup>th</sup> to review their MC-D prescription plans for next year. In Frederick County, Maryland there will be twenty plans available and two have sanctions against them and are not open to new clients. It is very important to check your MC D for changes in the coming year.

The Fiscal 2018 budget plan is due to the budget office by October 31<sup>st</sup>. The base budget looks the same right now. The Department does not meet any of the criteria to request additional funding under the base budget guidelines. Additional funding can be requested as part of the appeal process and those requests are due January 17<sup>th</sup>. The Commission may submit a request for funding at that time. Carolyn would like feedback as to what the Commission thinks the Department and/or the Commission should be requesting during the appeals process.

Tom Lawler stated that he attended one of the Department's Medicare workshops in September. He found the staff/volunteers very knowledgeable about the subject. It was very good information. Carolyn thanked him for his comments and she will relay them to the workshop contributors.

**VII. Public Comment** – No public comment at today's meeting.

**VIII. Elder Expo** – Leslie stated that the Commission will be represented at the Elder Expo. Five Commission members will be talking with the seniors and inviting them to apply for open CoA positions and subcommittees. The PowerPoint that Sandy created will be running

during the event. Bobbie stated that 125 people are registered for the Caregiving Conference the evening prior. There are seventy seven vendors registered for the Expo.

- IX. Update on CoA Handbook Dianne Lewis** – Dianne stated that the handbook is about 95% completed. Copies of this will be sent to all Commission members. Monica Grant attended the Executive Committee meeting and Dianne stated that she is interested in doing an orientation once the handbook is completed. This is being created to bring new members up to speed as quickly as possible. This should be available by the end of this year.

Dianne stated that she, Sandy, and Thea recently attended the State CoA Symposium. A resource “Go for Life” was presented during the symposium which is a guidebook for exercise for seniors. The Commission has ordered copies to have available for distribution at the Expo. There were speakers from John Hopkins who were very knowledgeable and shared research project information. They will be sending Dianne a PowerPoint presentation which she will share with Commission members. There was a lot of good information shared on health topics. One program which promoted healthy minds called “Exercise Corps”, supports seniors going into the school system and engage with kids. Thea checked and there is no local formal program.

Dianne stated that the budget proposal presented for financial support for the Commission was denied for mileage and food reimbursement. Funding for video training and PowerPoint assistance for the Business Task Force was allowed. Dianne stated that the Commission has their own Facebook page and an official email address. The Commission is trying to keep seniors informed and continue to reach out to the community. Dianne informed members that she has received an invitation to the Living Treasures banquet on October 15<sup>th</sup> and she will be attending this event. This banquet celebrates African American citizens over the age of 90.

**United Seniors of Maryland, Tish Raff** – Tish stated that the USM is back to work after the summer off. There were two speakers at the September meeting and information about the upcoming legislative forum which will be held on January 24, 2017. This is a chance for seniors to meet with state legislators and their local delegates. One of the speakers spoke about older driver safety. She feels there may be a need to request examination of an older driver’s ability when their license is renewed. The second speaker was from the Maryland Citizen’s Health Initiative which promotes legislation regarding alcohol and tobacco. Their focus this year is prescription cost affordability. Their goal is to make prescription companies and the

costs more transparent. They have three points 1 – make the drug companies disclose the basis for the price of the prescription, 2 – require public notice of a price increase more than ten percent or more so consumers can better plan for increases, 3 – authorize the Maryland Attorney General to take legal action against price gouging. The MD Citizen Health Initiative is asking for written support of these proposals. Members agreed that this is a very effective organization which has been in action for ten years. No decision was made at today's meeting. The information regarding this will be sent to all Commission members.

**Business Task Force, Tom Lawler** – Tom expressed appreciation for the video support for the subcommittee's caregiving education initiative. Kathryn Nicolato with the City of Frederick created a PowerPoint presentation to help businesses become aware of issues their employees may be facing regarding caregiving. Some members of the Frederick County Society for Human Resource Management were at the September meeting and they critiqued the presentation and made suggestions. The group is considering making this information available in a video format to increase interest.

**Public Policy, Ann McDermott** – Ann reported that she continues to work on several issues. The House of Representatives did pass \$52 million for SHIP funding. The Senate has passed zero. This will likely be readdressed after the election. It is very important to have legislative advocates for this program's funding. She and Karen Lewis Young continue to work on the Census data timeframe which affects the levels of MAP funding and the issue of appointing guardianship of person versus guardianship of property. They are working with staff at the Department of Health and Mental Hygiene on both issues.

**Health, Mary Beachley** – Mary stated that the Health Committee met on October 5th. The group would like to come up with a campaign to focus on fall prevention in the community. There is a need to get information to seniors living in their home. They would like to develop a focus group to launch a full campaign to include exercise, nutrition, and medication management and their relationship to falls. They will need to reach caregivers and families. The next meeting will be November 9<sup>th</sup> at 2pm at the Frederick Senior Center. Anyone interested in this campaign can join them. This should be in the forefront of issues. Ernell suggested Mary contact the local AARP group for help with outreach.

**Aging in Place and Community, Thea Ruff** – Thea stated that this group is making progress. There are a total of seven members in

this diverse group of nurses, a retired gentleman with interest in home renovation and repair, an attorney, a councilman, and a person with experience in researching aging in place. They have finalized a purpose statement. Their next meeting will be October 26<sup>th</sup> at 3pm at the C Burr Arts Library.

**Outreach, Sandra Wastler** – Sandra stated that this group has been busy. The slideshow has been finalized and approved to be used for Commission presentations in the community. Their survey has morphed into a one page document that community members can leave comments on. This was sent out to all members for review. They have made progress on their database and have almost 240 groups listed. The committee would like members to make contact to two groups on this database. Please let the group know if you make a presentation so they can keep track of outreach. Their next goal is to see what senior newsletters are available.

**Communications, Leslie Schultz** – Leslie stated Linda Myers from the Mental Health Association will be at next month's meeting. She will talk about the Telephone Reassurance program and mental health first aid training. Christina Forbes, the Program Director at Daybreak, will be at the December meeting. Most of the meetings will be held at FMH Crestwood, but there will be four meetings in other parts of the county next year. The CoA has a Facebook page and this group is working on a logo.

**Approval of Subcommittee Reports**, Elizabeth made a motion that the two subcommittee reports submitted be approved. Sandy seconded the motion. All were in favor.

- X. Announcements** – Elizabeth reminded members of the Community Health Fair on October 22<sup>nd</sup>. There will be 200 volunteers and 70 exhibitors. There will be an opportunity for various free health screenings. Elizabeth thanked everyone for their hard work. They could still use more volunteers.

The Alzheimer's Walk is this Sunday at the Frederick Fairgrounds. Registration starts at 1pm and the walk starts at 2pm.

- XI. Adjournment -**  
Dianne thanked everyone for attending today's meeting. The meeting adjourned at 3:08 pm.

Respectfully submitted,

Frederick County Commission on Aging  
10/10/16

Susan M. Ramsburg  
Recording Secretary